

# StirFry Seminars & Consulting

June 2016

## No Longer a Bystander

*So many times I receive emails about what to do in a stressful situation. Here is an exchange that I'd like to share that I think best personifies what being "supportive" truly means from a mindful and compassionate perspective:*

Hi Mun Wah! I wanted to thank you again for a wonderful four days spent working with you. I learned a LOT about myself, about others, and came away with many tools to help facilitate discussions on diversity. I'm writing today to ask you advice on something that happened recently. I was on an outing with some of our members, and we were in the car on the way to a hike, when one woman said something that felt like a slap in the face. She was talking about her dog and how she had trained him to ring a bell to let her know when to open the door. She said, verbatim: "Sometimes when I can't get to the door fast enough, the dog keeps ringing the bell and I say to him, 'Yes, I is coming, Massa!'" Everyone in the car but me laughed, whether from nervousness or actual humor I couldn't say. It was shocking and hurtful and I was at a loss for words, even more so because the person who said it is someone who regularly donates time and money to our organization. What should I have done in that situation? —Mary

*Mary, first of all how racist, and how painful to hear such a statement, and from someone who should know better! Discrimination is a betrayal and this certainly was, too. I am not so sure there is one response or a simple reply... only that it hurts and is insulting. The historical implications of those words are embedded in the charred bodies and shackles of those very words and what they convey: that minorities are borne to be slaves and subservient to whites. You must convey to her the impact those words had on you and so many others. You must let her know that those who laughed may retell that same story and not know the deeper impact it may have on those listening who remember such words all too well from their families and grandparents. Tell her even though you are scared and afraid. Know that the words will come to you but you must have the courage to say them. That is the first step. As Congressman John Lewis recently said to a graduating class: "You must find a way to get in the way and get in good trouble, necessary trouble. To save this little piece of real estate that we call earth for generations yet unborn. You have a moral obligation, a mission and a mandate when you leave here to go out and seek justice, for all. You can do it, you must do it."*

*You can be brave and scared at the same time. Know that so many before you and those in your community are counting on you. As I have said before: "Whenever we are silent in the face of injustice, someone pays a price for our silence." Know that the ancestors are with you.*

*Kokoro kara,*

*Lee Mun Wah*

*"I may come as one, but I rise as ten thousand." —Maya Angelou*

Mun Wah, I want to thank you for your heartfelt, thoughtful, and beautiful response. Thank you also for giving me the courage to convey the hurt of such words to the person who spoke them. You've helped me realize that hurtful words like that impact not only the people present at the time, but countless people who may hear those words as long as she remains ignorant of the cultural pain that her words evoke. I am making a promise to myself to no longer be a bystander in these situations, but to act on the moment before it passes. —Mary

# CROSS-CULTURAL FACILITATION SKILLS for Diversity Trainers, Educators and Therapists: 5-day Intensive

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In this unique training, Lee Mun Wah will guide each participant through a series of exercises and mindful techniques that will enhance their understanding of the impact of culture on relationships, conflictual cultural situations, as well as how to develop a deeper and more authentic sense of community and openness within diverse groups.

**Facilitated by Lee Mun Wah /All Are Welcome**

**For More Information and specific meeting times:  
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\* Some restrictions apply • Expires July 31, 2016

## StirFry Calendar of Upcoming Events

<b>June 14 &amp; 15, 2016</b> Minneapolis, MN	Cross-Cultural Facilitation Skills: Beginner Level • Not Open to the Public
<b>June 22-26, 2016 **</b> Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Educators & Therapists: Five Day Intensive (all welcome) StirFry Berkeley Training Center • Open to the Public
<b>July 20-24, 2016 **</b> Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Educators & Therapists: Five Day Intensive (all welcome) StirFry Berkeley Training Center • Open to the Public
<b>August 6-10, 2016 **</b> Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Educators & Therapists: Five Day Intensive (all welcome) StirFry Berkeley Training Center • Open to the Public
<b>September 9, 2016</b> San Diego, CA	Creating Community in a Diverse College Environment Not Open to the Public

\*\* Held at the Quan Yin Training Center, 2311 8<sup>th</sup> Street, Berkeley, CA

**For StirFry's complete Calendar of Upcoming Events, please visit [www.stirfryseminars.com/events](http://www.stirfryseminars.com/events)**

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